

Food No

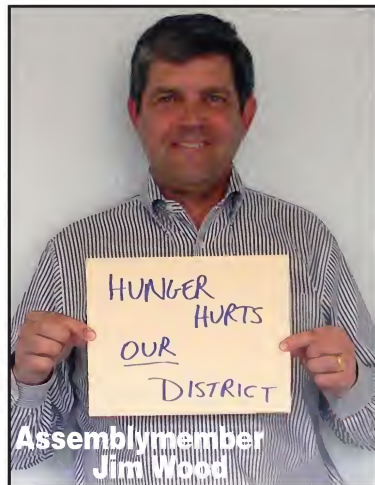
The Newsletter of Food for People • The Food Bank for

Hunger Action Month

By: Carly Robbins, Fund Development Director

Did you know that one in six people in our country face hunger? September is national Hunger Action Month. When Food for People, joins Feeding America and more than 200 food banks across

Continued on page 9



Assemblymember Jim Wood



Food for People was honored to host visits from both of the 2nd District's new representatives: Senator Mike McGuire and Assemblymember Jim Wood. Left: Senator McGuire poses for a photo with Food for People's Executive Director Anne Holcomb. Center: McGuire and Holcomb discuss Food for People's 1st food assistance programs. Right: Holcomb leads Assembly member Wood on a tour of the Food Bank



State Legislators Visit Food for People

By: Heidi McHugh, Community

Food for People provides nutrition assistance to approximately 10% of Humboldt County's residents each month. The combination of locally donated foods and funds, various grants, and food assistance programs operated by the state and federal governments helps us meet the high demand for food assistance in our communities. Last year, 19% of the food we distributed was sourced from The Emergency Food Assistance Program (TEFAP), a United States Department of Agriculture (USDA) program that provides supplemental commodities to income-eligible households. The funding for these types of programs

at the state and federal levels are set by the political process, thus it is important for food banks like Food for People to maintain strong relationships with our government representatives.

Through visiting a local food bank, representatives have an opportunity to meet the diverse and growing number of their constituents who struggle to put food on the table and also to become informed about potential legislation that can help fight hunger and poverty. This summer, Food for People was honored to host visits from both of the 2nd District's new representatives; Senator Mike McGuire and

Assemblymember Jim Wood. Food for People staff and several members of the Board of Directors led them on tours of the Choice Pantry and our warehouse. During the tours, they witnessed first hand how our volunteers and staff work nonstop to keep a fresh rotation of nutritious foods on hand for pantry shoppers. The tour also provided an opportunity to explain just how many of their Humboldt County constituents are accessing our pantries because they simply cannot afford to put enough, or any, food on the table. After the tours of the facility, staff and board members sat down with Senator McGuire and Assemblymember Wood to discuss poverty in





Board of Directors

Nick Vogel, *President*
 Carol Vander Meer, *Vice President*
 Jerome J. Simone, *Treasurer*
 Caterina Lewis-Perry, *Secretary*
 Annie Bolick-Floss
 Bill Daniel
 Dean Hart
 Edie Jessup
 Lew Litzky
 Martha Spencer

Staff

Anne Holcomb
Executive Director
 Art Brown
Driver
 Benjamin Allen
Mobile Produce Pantry Coordinator
 Carly Robbins
Fund Development Director
 Carrie Smith
Child Nutrition Programs Coordinator
 Cassandra Culp
Nutrition Education Coordinator
 Corey Tipton
Bookkeeper/ Business Resources Manager
 Deborah Waxman
Director of Programs
 Desiree Hill
Warehouse Coordinator
 Erin Tharp
Choice Pantry Coordinator
 Heidi McHugh
Community Education & Outreach Coordinator
 Judy Langley
Fundraising Assistant
 Jules Katz
Pantry Network Coordinator
 Karen Asbury
Inventory Database Manager
 Laura Hughes
Local Food Resources Coordinator
 Michael Quintana
CalFresh Application Assistor
 Marta Rivas
Volunteer & Direct Services Training Coordinator
 Nick Gauger
Community Food Programs Coordinator
 Peggy Leviton
Finance Director

Food Notes

Backpacks for Kids: Ready for a Successful New Year

By: Carly Robbins, Fund Development Director

Food for People would like to thank the Times-Standard, Eureka Broadcasting, Lost Cost Communications, North Coast News, the Rotary Clubs of Eureka, Old Town, and Southwest Eureka, Soroptimist International of Humboldt Bay, and 101 Things to Do for their fundraising efforts for Food for People's Child Nutrition Program, Backpacks for Kids. In addition we would like to thank our community, whose outpouring of support raised more than \$20,000 for the Backpacks for Kids program's Eureka sites.

Did you know that kids who are hungry or who don't have access to nutritious foods find it harder to concentrate in school? There is a direct link between how well children can perform in school and the quality of life they will have as they grow into adults. Households with children are at particularly high risk of hunger and experience the highest poverty rates in Humboldt County.

Backpacks for Kids is a hugely successful program providing nourishment for Humboldt County's children in need. Schools work hard to offer healthy meals for children during the school week, and for the children we serve, Backpacks for Kids is the only program that provides for them on the weekends. The program provides a bag full of nutritious kid-friendly food on Fridays during the school year for children who are considered at risk for hunger over the weekend. Each bag contains enough food for breakfast, lunch and dinner for two days. The cost is \$265 to support one child, every weekend, for the school year.

This unique program does not receive any government financial support. Funding for Backpacks for Kids is provided by local service clubs, grants,

and individual donors in the community. Volunteer support is provided by service clubs, local nonprofits, and others who help pack the bags and deliver them.

Backpacks For Kids

The Backpacks for Kids Program provides income-eligible children with a bag of food on Fridays during the school year. \$265 feeds a child every weekend throughout the school year, but Eureka has fallen short for 2015. Help us reach our goal and end the school year of weekend hunger to help children develop into their healthiest and most successful adults.

Each square represents a \$100 donation...

BACKPACKS FOR KIDS SUPPORTERS

Jason Eads Attorney At Law	BikesThere.com	Corrie & Michael Pedrotti	Recology Humboldt County	Mr. X	Ma'mie & Jaime Christopher	Walden & Rusdiye Freedman	Bal & Jean Harvey
Daniel & Linda Dionne	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon	Tom & Patty Harmon
Stephanie & Tom Perrett	Don & Carolyn Podratz	Wm. A. James	Lalia Blake	Bill Greenwood	Gregg Gardiner	Kathy Cloney- Gardiner	James D. Poovey, Inc. Attorney At Law
Keith & Mariel	Judy & Jim Anderson	Linda Wise	Steve Allen	Steve Justus	Deborah Justus	Birgitta Portalupi	Carolyn Ayres
Premier Financial Group	Judie Hinman	Judie Hinman	Judie Hinman	Judie Hinman	Judie Hinman	Susan & Brian Tissot	Fresh Water Stables
Brad Gibson	George Owren	Greg Williston	Will Kay	Nancy Dean	Nancy Dean	Nancy Dean	Dean Christensen
Employees of ARS Insurance	Employees of ARS Insurance	Keith Crossley	Dale Warmuth & Leon's Car Center	Dale Warmuth & Leon's Car Center	Sue Bosch	Ray Wickel	Dan Heinen
Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand	Fred Sundquist Elan Firpo Jason Chand
Steven Laferty	CC Cree	Carter House Inns	Chuck Elsworth Blue-Ox Veterans Strategic Alliance Training Center	Allpoints Signs Karl &	Suzanne Kellawan	Marilyn M. Hofstra	Marilyn M. Hofstra
Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members	Eureka Rotary Board Members
Old Town Rotary	Old Town Rotary	Pierson Company	Pierson Company	Carrol Newquist	Penne O'Gara	Frank & Carol Scolari	Mark Ellis
Lorraine Miller-Wolf & Richard Wolf	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous	Anonymous

Thank you!



SOROPTIMIST
Best for Women®



EUREKA
SOUTHWEST
OLD TOWN

NorthCoast NEWS

23 abc KAEF
28 FOX KBVU



Notes from the Director

By Anne Holcomb, Executive Director



It has been yet another busy summer here at Food for People. Farm, garden and orchard gleaning activities have been in full swing. Throngs of people have been attending the free produce markets, and hundreds of sack lunches have been distributed daily through the Children's Summer Lunch Program at sites up to 120 miles apart countywide. And, as we've mentioned in prior years, summer also tends to be one of the busiest times of the year for our network of food pantries, as families whose children rely on the school meal programs for breakfast and lunch struggle to replace those meals. We're grateful that we can help fill the gap for so many of our friends and neighbors, but we are also disappointed that Governor Brown failed to recognize the level of need that exists in our community and across the state when final budget negotiations were taking place in Sacramento.

There were several key pieces of legislation that hunger advocates statewide were focused on this

year, and we felt encouraged by the level of bipartisan support we had been able to generate. I'd like to share details about two of these initiatives here and encourage you to check out our website <http://foodforpeople.org/hunger-education> or <http://foodforpeople.org/legislative-advocacy> for more information.

This marked the fourth year that food banks statewide worked together to secure funding for a State Emergency Food Assistance Program (SEFAP) that would provide funds for food banks to purchase food. We were requesting \$5 million, which seemed fairly modest for a state the size of California when compared to states like Massachusetts, Ohio, New York and Pennsylvania that have established funds that range from \$13 to \$30 million annually. For the past two years, the Speaker of the Assembly has drawn on discretionary funds to provide \$1 million to California food banks, with the stipulation that it be spent to purchase foods produced in California. We all loved that idea, and in Humboldt County, we used the \$10,000 we received to purchase eggs, cheese and milk from local sources to fill the protein gap. But the goal was to establish funding for SEFAP as a line item in the state budget. Things were looking good right up until the final hours of negotiations, with both the Senate and the Assembly unanimously supporting our request at the \$2.5 to \$3 million level. Unfortunately, those funds were eliminated by the Governor in

the final budget negotiations. The Assembly Speaker's discretionary budget was also cut, leaving food banks with zero funding for food purchases for next year.

Another priority was to restore cuts to the monthly grant levels for SSI recipients. In January 2009, the average \$907 per month grant that was provided to blind, aged and disabled SSI recipients was worth 100.5% of the federal poverty level. But at the height of the recession, major cuts were made to help the state balance the budget. The state portion of the grant (referred to as SSP) has since dropped from \$233/month to the federal minimum of \$156/month; a \$77 per month reduction for individuals and a cut of \$171.80 per month for couples, leaving them at 90.7% of the federal poverty level while faced with a 14% increase in the cost of living. The state has also chosen not to apply the annual Cost of Living Adjustments, or COLA, beyond the federal minimum, despite a turnaround in the state economy that resulted in a projected \$14 billion budget surplus this year.

So how do these cuts impact SSI recipients in Humboldt County? **At our on-site Choice Pantry, 40-45% of the people we serve each month receive SSI.** Surveys of the people who access food through our other 16 pantry sites countywide indicate that on average, 30-35% are SSI recipients. Housing costs eat up the majority of the grant, with very little leftover for food, medicines, utilities, transportation and other

basic necessities. Unfortunately California is also the only state that has made SSI recipients ineligible for CalFresh, which means that in Humboldt County, Food for People is their only resource for meeting basic food needs. We are part of a statewide coalition that is working to restore the cuts and the COLA, and we will be working hard in the coming year to ease the burden on some of our most vulnerable community members.

There are many other legislative initiatives that we track on behalf of people living in poverty who experience hunger on a regular basis, and you can read about them in this newsletter or on our website. We are also gearing up for **Hunger Action Month in September**, which provides an opportunity for all of us to engage at the local, state and federal levels. We'll be revisiting our **#HungerHurt** campaign and have also added **#HungerHeroes** component this year to highlight the heroes among us whose actions help keep our community healthy and strong. We sincerely hope that you will join us in our efforts to ensure that everyone in our community has access to the food they need to maintain health.

With best wishes to all,

Anne Holcomb

"Never believe that a few caring people can't change the world. For, indeed, that's all who ever have."

~Margaret Mead

Welcome Marta!

We are happy to welcome Marta Rivas, who started in June as our new Volunteer & Direct Services Training Coordinator. Marta moved, with her family, to Humboldt County last year in order to change her career

her family. In her position, Marta is responsible for recruiting and coordinating all of the volunteers who help at Food for People. Volunteers donate close to 3,000 hours of their time and talents on behalf of Food for People's programs each month and play a

and existing volunteers that help make Food for People a success. In her time here, she has also collaborated with our CalFresh Outreach and Application Assistor, Michael Quintana, to translate informational materials into Spanish for our clients. Marta



In Memory Of

05/15/15 - 08/12/15

Barbara Brown
Bette Dobkin
Chuck Verhaegh
Cindee Rosenberg and Grady Ford
Edward N Pugh
Fern Kelly
Frances R. Lambert
Frank Walashek
Harold Hunt and Mary Santos
Joan Bronder
Micki Aronson
Pat Green Thoreson
Patty Loretta
Peggy Sugars
Shirley Armstrong
Vicharn Upatisringa
"Brother, Kevin S. Morgan"
"Daughter, Diane L. Sandigo"

"Ed's Birthday"
"Sons, John & Jason Diamond &
grand-daughter Wendi Diamond"

In Honor Of

05/15/15 - 08/12/15

Anne Holcomb
Ann King on her 80th Birthday
Backpacks for Kids program
Chloey and others
Diane Anderson's Birthday
The Hart and Buckley families
Ilya Kelly
Jeremiah Haumeder
Jim & Mary Jo Renner
Micki Aronson
Paula Parodi
Sally

Tributes, Memorials, & Gift Contributions

We would like to sincerely thank those who have made donations in honor and in memory of others. Your generous donations go a long way toward helping the 12,000 people (and more) we feed each month, including children, seniors and working families in need.

You can honor a friend or family member by making a donation to Food for People. Simply add a notation to your donation. If you include an address, we'll send an acknowledgement to that person to let them know about the donation in their name or the name of their loved one. You can also let us know if there is a favorite program of theirs and we'll make sure the donation goes to their program of choice. It is a great

way to celebrate and/or honor the memory of someone you love.

If you would like to make a donation in someone's name for a birthday, special event, or holiday, we can do that too! We will let them know a generous donation has been made in their name. Just be sure to include the address of the individual so we can send them a card to let them know about your gift.

We are always happy to know more about the folks for whom you are making donations in honor or memory. Let us know if you would like to include a photo or briefly tell their story and why you wish to honor your friend or family member and we will publish it in our newsletter. 🍷

10th Annual Thrill of the Grill: Bes

By: Carly Robbins, Fund Development Director

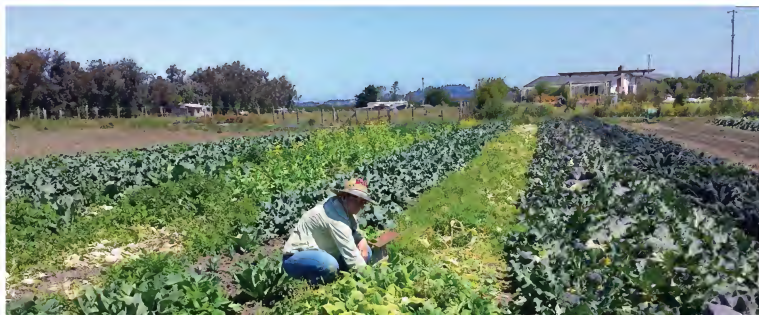
On June 12th, the North Coast Co-op held the 10th Annual Thrill of the Grill Benefit for Food for People's Child Nutrition Programs. The event included music by local band Dogbone, and delicious BBQ was available thanks to the generosity of the Northcoast Co-op, with donations from Humboldt Grassfed Beef, The Tofu Shop, Canyon Bakehouse, Amy's Kitchen, Loleta Cheese, Earl's Organics, Annie's Naturals, Blue Sky, Lundberg, Kettle Chips, Late July Chips and Mike Hudson. A special shout out goes to New Directions for providing much appreciated help with set up at a reduced cost. This year's Thrill of the Grill raised more than \$2,390.00 to support Food for People's Child Nutrition Programs - a new Thrill of the Grill record! 🍷



Top left: local band Dogbone thrilled the crowd with tunes. **Top Right:** custom burger and enjoy some music. **Bottom Left:** Kelli Reese, North Ron Sharp, North Coast Co-op Merchandising Manager, working hard. **Bottom Right:** People staff Corey Tipton and Tim Crosby enjoy delicious meals of burger.

Gleaning & Plant A Row Update

By Laura Hughes, Local Food Resources Coordinator



The growing season is at its summer peak, and with the sunny weather, it has meant a whirlwind of harvests and produce donations for the Local Food Resources Program! On-farm harvests have included trips to several farms throughout the county, from locations in Arcata, Freshwater and McKinleyville, down to Shively and out to Willow Creek.

pounds of Armenian cucumbers, lemon cucumbers and pickling cucumbers, as well as green beans, tomatoes and summer squash. Little River Farm, in the Freshwater area, has invited us out for several harvests to help clear their hoop houses of older crops before replanting, and in the process is donating loads of kale, chard, mustard greens,



Left: Food for People staff & board members with Assemblymember Wood during his July visit, (pictured top left to right: Board Vice President Carol Vander Meer, Community Education & Outreach Coordinator Heidi McHugh, Assembly member Wood, Executive Director Anne Holcomb; Board President Nick Vogel, Bottom left to right: Development Director Carly Robbins & Director of Programs Deb Waxman.) Right: Anne Holcomb walks Senator McGuire through a tour of Food for People's Choice Pantry in Eureka.

State Legislators Visit Food for People

Continued from page 1

Californians. Advancements that make it easier for people to apply can improve quality of living and bring federal dollars into our local economy. In Humboldt County, working families and people with limited transportation would benefit tremendously from the ability to apply by phone. Currently, unnecessary delays created by waiting for traditional mail for a handwritten signature result in a delay of receiving needed money for food, and in the worst case, not receiving benefits at all. The bill did not make it out of the Senate Appropriations committee, but it did spark a statewide conversation that advocates will continue to encourage legislators to consider.

Our conversation with the Senator focused on the next steps and how local advocacy efforts can help move our state forward towards this goal.

We revisited SB297 with Assemblymember Wood as well, with the goal of making applying for CalFresh more accessible. Even though the bill did not make it into the Assembly for him to have a chance to vote on it, he appreciated learning about how it would directly impact Humboldt County. Before he was elected to the legislature, Assemblymember Wood was a dentist. He is well aware of the tremendous shortage of dental providers in Humboldt County who accept MediCal

Dental insurance (MediCal is California's Medicaid program). Shortage is an understatement; there are zero providers in Humboldt County who accept MediCal Dental for adults and just one that accepts MediCal Dental for children. The root of the issue is that the reimbursement for the providers is too low for them to be able to afford to accept it. Assemblymember Wood added that sadly, this problem is not unique to Humboldt County and is a district and statewide issue. He said that there has been discussion in Sacramento to address the reimbursement rates. For our clients, this can't come any sooner; a need for dental care was cited by many of the respondents to Food for People and the California Center for Rural Policy's 2014 Food Access and Pantry Services Survey, a link to which can be found at: <http://foodforpeople.org/hunger-data-reports>.

Both Senator McGuire and Assemblymember Wood visited us after the state budget for 2015-2016 had been established. Advocates for the poor and food insecure are disappointed in this budget, as the Director's Note in this issue of *Food Notes* describes. We were at least able to thank both of our representatives for their "yes" votes on several important pieces of legislation that would have helped the efforts of food banks like ours, and we will continue to keep the momentum going with these representatives. They both have just one term under their belts, but they have shown to hold much promise in making decisions that consider the best possible outcomes for all of their constituents.

For more information contact Heidi McHugh at (707) 445-3166 extension 308 or hmchugh@foodforpeople.org.

Welcome Karen!



We are thrilled to welcome Karen Asbury to our team. Karen started in June as our Inventory Database Manager. She is a computer science major with an AS in Computer Information Systems (CIS) and is a Certified Networking Technician. Since joining us, Karen has been working hard to modernize our inventory database, and she spends a good amount of time sleuthing out detailed data in our complex inventory system to make sure all numbers match. She enjoys knowing that her particular set of skills allows her to benefit Food for People and our programs, and that because of what she does

I'd like to be a regular donor!

Please send an 800 Club Monthly Donor Packet to:

Name: _____

Address: _____

City, State, Zip: _____

Please charge my Visa or Master Card:

Monthly ☐ Quarterly ☐ Amount: \$ _____

Card Number: _____



In addition to their free sack lunches, local children at this year's Summer Lunch Kick-off event were treated to nutritious blueberry smoothies made by our Nutrition Education Coordinator Cassandra Culps and enjoyed music performed by the winners of the City of Eureka's Fresh Voices competition.

Summer Lunch Program Update By Carrie Smith, Child Nutrition Coordinator

It was a hot summer in Humboldt County, which means more kids were out and about enjoying the beautiful sunny days. As a result, the Children's Summer Lunch Program was as busy as ever! With three new sites starting out at the beginning of this summer season of the program, we saw an increase in the number of children served. This may be a record-breaking year for us! This summer we served an average of 375 well-balanced sack lunches at 21 sites throughout Humboldt County daily. These lunches are free to youth 18 years of age or younger.

Our Children's Summer Lunch Program's success is due to a team of hard working individuals, including our delivery driver, Ku Furaha. His positive attitude and unwavering energy kept the program running smoothly. Ku arrived at Food for People's warehouse every day at 6:00 a.m. to pack all the sack lunches and milk into coolers. Once his van

was loaded, he drove to different sites, transporting hundreds of lunches each day with a smile. Ku shared that his favorite part of the job is the "shining gratitude that comes from people when I deliver the lunches. People will actually cheer when they see the Food for People van pulling up to drop off the coolers for the day." He also delivered to different bus stops, where Humboldt Transit Authority buses picked them up to deliver to sites in Loleta, Fortuna, Rio Dell and Scotia. This year he also dropped off lunches at UPS, who delivered to our site in Willow Creek. These transportation partnerships have been invaluable in our ability to reach Humboldt County's many rural outlying areas. This is an innovative transportation partnership model that is unique to our area.

In addition to Humboldt Transit Authority and UPS, our Children's Summer Lunch Program would not be such a success without the help of dedicated staff, our partners, our many dedicated volunteers and our sponsors. The Children's Summer Lunch Program is funded by the United States Department of Agriculture (USDA) and the California Department of Education (CDE). Additional sponsors for this summer included: First 5 Humboldt, Humboldt Area Foundation, Humboldt Sponsors, Mel & Grace McLean Foundation, North Coast Co-op, Patricia and William Smullin Foundation, St. Joseph Health System Humboldt County, and Union Labor Health Foundation.

The Children's Summer Lunch Program runs on a foundation of strong community support. We are only able to feed as many hungry children as we do with the participation of so many people dedicated to solving childhood hunger. Thank you to all of our partners who serve lunch. Thank you to those picking up coolers off the bus. Thank you to site partners who provide a welcoming place for families to gather. Thank you to all supporters for your donations. Thank you to the entire team for your hard work. Together, we are making a difference!



Welcome Ku! Ku Furaha, joined Food for People in June as our summer lunch driver. He works hard delivering coolers filled with

If you have any questions regarding this program, or

Advocacy Spotlight: Child Nutrition Reauthorization By Heidi McHugh, Community Education

This summer, advocates for childhood nutrition have had their eyes fixed on Washington D.C. as the Healthy, Hunger-Free Kids Act of 2010 is due for reauthorization by September 30, 2015. This is a big deal for our nation's children and families – especially those struggling to make ends meet. The Childhood Nutrition and WIC Reauthorization (CNR) will review, and potentially alter, the regulations and funding for the National School Lunch, School Breakfast, After-School Snack, Child and Adult Care Food (CACFP), and Women Infants and Children (WIC) Programs. All will be reviewed by Congress. These programs play a critical role in ensuring that low-income children have access to the nutritious foods they need to grow and to learn.

In addition to reauthorizing the existing programs, the CNR is also a time when Congressional representatives can introduce new bills to further fill in the gaps that keep our nation's youth from getting adequate nutrition. The most promising bill to be introduced this year is a bipartisan effort to help families who utilize free and reduced-price breakfast and lunch get through the summers with enough food to feed their children: The Stop Summer Hunger Act of 2015. This bipartisan bill would provide \$30 per month, per child,

to spend on food during the summer months. These benefits will be loaded onto an Electronic Benefits Transfer (EBT) card, similar to Supplemental Nutrition Assistance Program (SNAP, CalFresh in California) benefits. Advocates are pushing hard for the passage of this bill, as this will offer families a flexible and dignified solution to the summer meal gap.

Another bill introduced, The Summer Meals Act of 2015, proposes changes to the Summer Lunch Program. Summer Lunch Programs offer free lunch to children ages 18 and under at qualifying locations. Currently, a community-based organization, like Food for People, qualifies as a summer lunch provider if 49% of children in the surrounding community qualify for free or reduced-price lunch. The Summer Meals Act will lower the community qualification standard to 40%, thus giving communities the opportunity to expand this service. The meals must be consumed on site, which creates a barrier for busy families who might benefit from being able to pick up a sack lunch to go. According to the Food Research and Action Center, only 1 in 6 children who eat school lunch are eating summer meals. The California Food Policy Advocates' Humboldt County Nutrition Profile states that only 18% of local children who receive free meals when school is in session are accessing Summer Lunch.

Unfortunately, the Summer Meals Act of 2015 does not remove the barrier of having to eat the meal on site.

The Summer Meals Act of 2015 does propose a change that Food for People welcomes: an increase in the reimbursement rate for rural communities that serve summer meals. Food for People coordinates Summer Lunch for 21 sites throughout Humboldt County. The federal reimbursement rate for these meals is the same whether the sites are 1 or 200 miles away from the distribution hub - meaning organizations like Food for People are responsible for transportation costs. Thanks to the generosity of UPS and Humboldt Transit Authority, Food for People has been able to piggyback coolers of lunches to our meal sites on their established routes. If not for their kindness, the food bank would have to fund this expense. The acknowledgement of the burden of transportation within

Healthy Food for Young Children Act of 2015, will give preschools and daycare providers the chance to offer more meals and healthier foods to toddlers and preschoolers through increased reimbursement rates and streamlined paperwork. Access to healthy foods can make a lifetime of difference for children of this age group, as it directly affects cognitive development at this stage.

Of concern for childhood nutrition advocates in the CNR is the protection of school meal nutrition standards introduced in 2012. These new standards increased the amounts of fresh fruits and vegetables

served at levels whole of U.S. which school are fig a vari can't that th foods rolled and a stand

CHILD FOOD INSECURITY

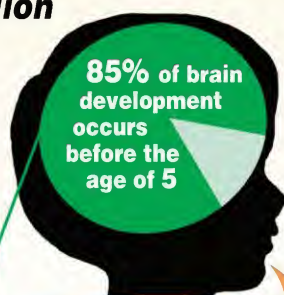
Not having nutritious food can have serious implications for a child's physical & mental health, academic achievement and future economic prosperity.



1 in 6 children suffer from **FOOD INSECURITY**

Nearly 16 million children face hunger in the US today.

More than **3.5 million** of the children served by the Feeding America chain of food banks are ages 5 and under.



WHAT IS FOOD INSECURITY?

"consistent limited access to adequate food"



Above: Humboldt Fog Dogs Motorcycle Club presents... Pictured Left to right: Rosa Reed; Neal Reed; Wade Smith of Food for People; Fog Dogs President Greg Harris; Kelli and Gina Emery. Below: The Fog Dogs Pool Tournament

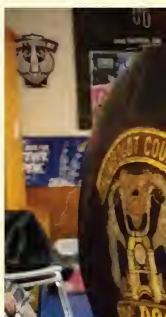
Fog Dogs Motorcycle Club More Than \$9,100 for Children

By: Carly Robbins, Fund Development Director

The Humboldt County Fog Dogs are a local group of friends who enjoy owning and riding motorcycles. They come together not only for mutual support and camaraderie, but also to support local non-profit organizations that benefit our community. Their goal is to promote a positive image of motorcycling, and they certainly live up to it!

May 16th marked the 12th Annual Pool Tournament presented by the Humboldt County Fog Dogs. Each year, the Fog Dogs pick a different non-profit as the beneficiary of their annual Pool Tournament fundraiser, and this year, they generously chose Food for People's

were c the en Tourna Backp local s will ge weeke



Know Your Farmer: John Severn of Little River Farm

By Laura Hughes, Local Food Resources Coordinator

Little River Farm is a small, yet remarkably productive farming operation, situated on just 3.5 acres a short jaunt down Ole Hanson Road in the Freshwater area. The farm specializes in salad mixes, all comprised of micro (baby) greens. About 1.5 acres of the property is in production, but don't let that number fool you - with four full greenhouses and several smaller hoop houses, this intensively cultivated farm produces a staggering variety of delicious specialty mixes, including up to 200 different varieties of greens that change year round. From familiar items like spinach, kale, arugula and various lettuces, to more novel and exotic varieties of greens like purslane, watercress, pea shoots and edible flowers, Little River Farm has something for everyone.

Little River Farm regularly offers extra greens to Food for People, and this year alone has already donated over 1,500 pounds of lettuce, kale, chard, mustard greens, beet greens and arugula. Farmer John Severn invites our gleaners out to harvest whole beds of greens once they are no longer in their "baby" stage and the beds need to be tilled in and replanted. When the farm produces more than they can sell, John also donates prime produce that has already been harvested, making it easy to pick up and distribute to our friends and neighbors in need.

On the way back from a recent gleaner trip, I had the opportunity to talk with John during his lunch break and hear about how he got started. John became a dad at the age of 19, and he knew he had to work to support his son, but

didn't want to sell his soul to do it. He tried a few odd jobs like construction before ending up as a farm laborer, working for two farmers: Craig Lord and Blake Richard. John started working with Craig Lord, who originally farmed Redwood Roots Farm off Jacoby Creek Road in Bayside, before moving the operation to Blue Lake, where it became G Farm. Around this time, he also began working for Blake at Wild Rose Farm in Blue Lake, just down the road from G Farm. But farm work is notoriously seasonable and variable, and John found himself at the age of 23 with a 4-year-old son, desperate for a job, with both farmers running out of work. With nothing to lose, he started his own farm in 1999, renting an acre in Blue Lake while still working for Blake.

John was looking for a market niche for crops that could be grown and sold year round, not just during the summer months. Blake had been doing salad mixes for the Co-op and Wildberries up to that point, but was shifting his production focus, and so suggested to John that salad mixes could also be done during the winter. It wouldn't be easy, but it could be done. So John lived on the farm in a trailer he acquired for free and put a wood stove in it. He had no refrigerator or bathroom. He had his son Jasper half-time and no facilities, so he got a Healthsport membership to meet those needs. John learned to live on \$2 a day, including propane, and ate dehydrated food. He sold all his salad mix and didn't keep any for himself, as he was determined to put all his income back into the farm. In those early days, John

was working 90-hour weeks when he didn't have Jasper, waking up at 6:30 am to work, and staying up often until midnight under lights sorting greens. During the weeks he did have Jasper, he had to modify his work schedule, noting it was very complicated. "All for about 35 pounds a day, was my day's harvest. Now I can cut in a few hours, and do the same amount of work. It was just really hard and really grassy, and I was learning. It was kind of a gnarly start."

John spent about five years in Blue Lake. When John married his wife Karen, they spent every penny they could to buy raw land on Ole Hanson Road, and started all over. Karen was going to school at the time, and they had a son, Mathias. Karen was an 'A' student - and had grants - so she didn't need to borrow for school, but they borrowed the maximum anyway, to support the farm. John recalls that at first they didn't even own a tractor, and over time he put in power, water and the infrastructure himself, all with no money to speak of. John remarks that the start was really tough, but the last 5 years have gotten incredibly better, so that now he's able to give back, which he loves. Little River Farm has been in its current location for 11 years, and John reflects, "this place is the pay for me."

Little River Farm currently employs six workers, and sells salad mixes primarily to the Co-Op, Wildberries, and about 30 restaurants, as well as a few retail outlets and farmers' markets.

In addition to these markets, Little River Farm participates in our



John Severn & son Jasper at the Little River Farm Market. Behind, Nate sells a variety of produce.

DHHS local produce purchasing program, selling us spring mix and mustard greens to be distributed through our Mobile Produce Pantry sites. When I asked John what motivates him to work with the food bank and donate so much, he describes how good it feels knowing that he's directly helping and improving other people's lives. He says, "I think the whole point of choosing farming in the first place was to make a living - an honest, pure, good living, and to benefit by helping people out. It's awesome. It feels great. It's easy working with the food bank, because you guys do the hard part of bringing it to the people. I would rather donate locally than sell my produce out of the area, so it is truly all about the community." He went on to make connections between healthy food and healthy populations, noting that with good nutrition people tend to be less violent. By donating produce, "We're directly making this place better."

When thinking about the future direction of his farm, John remarks that the hard part has already been done. He's learned a lot, and made



September is Hunger Action

Continued from page 1

the nation in calling upon our local communities to take action against hunger through the "30 Ways in 30 Days" campaign. This is a series of activities designed to raise awareness of hunger and inspire people to participate in a diversity of activities. It's as easy as one through thirty. Be a voice for hunger this September, and find your own way to fight hunger in Humboldt County. Whether by advocating and raising awareness, making a donation or giving of your time and energy, find the way that's right for you to make a difference.



Join Food for People & Take the Hunger Action Challenge SEPTEMBER 2015 - 30 Ways in 30 Days



**Congressman
Jared Huffman**

9/1. "Like" Food for People, Inc on Facebook at www.facebook.com/FoodforPeopleInc.

9/2. Go to Mad River Brewery in Blue Lake at 6:30 PM for Pints for Non-Profits and listen to the music of Kingfoot. \$1 of every pint sold will go to Food for People.

9/3. *Hunger Action Day!* Wear orange and replace your Facebook profile with "Turn Orange for Hunger Relief," available on our Facebook page.

9/4. On facebook, share how #HungerHurts you. Post a selfie with your #HungerHurts statement. Tag Food for People in your post!

9/5. Watch the 2013 documentary about hunger in America, *A Place at the Table*. Available on Netflix.

9/6. Attend the CSA Farm Open House to learn more about local

9/7. *Labor Day*. Resolve to make better eating choices-for your health and the health of the planet-and share your resolution on your Facebook page!

9/8. Volunteer as a delivery driver for our Senior Brown Bag program which provides a monthly bag of groceries for up to 400 low-income seniors age 60 or older. To sign up call 707-445-3166. Ask for Nick.

9/9. Write a letter to a newspaper editor about Hunger Action Month or another hunger-related issue that your community could address.

9/10. Follow Food for People on Twitter. www.twitter.com/FoodforPeople.

9/11. Organize a brownbag lunch with co-workers and donate your lunch money to the food bank.

9/12. Do you know someone with fruit trees or extra garden produce

9/13. Enjoy softball, food and fun at the Lost Coast Rotaract's Smash Out Hunger Softball Tournament, @ Redwood Fields at 10am. Benefiting the Backpacks for Kids Program.

9/14. Make coffee at home for a week and donate what you would have spent at a coffee shop to the food bank.

9/15. Vote your values! Register to vote or encourage others to register. You can register online at www.registertovote.ca.gov/.

9/16. Share a hunger fact as your status update on facebook & twitter. Find some ideas & facts in the Hunger Education section of our website.

9/17. Attend the screening of *FRESH*, a documentary celebrating the people across America who are reinventing our food system. 7:00 PM @ Arcata Theatre Lounge.

9/18. Organize a "Hunger 101" session for your peers or workplace. Call us for more ideas! 707-445-3166. Ask for Heidi.

9/19. Support your local Farmer's Market! Most also accept CalFresh for food, plants, and seeds that produce food.

9/20. Follow a new organization on Facebook to stay in the know about food insecurity issues and advocacy. Try TalkPoverty or California Center for Public Health Advocacy.

9/21. Volunteer at Food for

9/22. Organize a Tuna Tuesday Food Drive at your workplace, club or church and donate the proceeds to the food bank. Protein is always much-needed at food banks.

9/23. Attend the Humboldt Food Policy Council Meeting to learn about how to increase access to local produce for low-income populations in our area.

9/24. Donate 15 nonperishable food items to Food for People.

9/25. View food insecurity stats for every state as well as Humboldt County at Map the Meal Gap: www.map.feedingamerica.org/.

9/26. Become a #HungerHero. On facebook, share how you fight hunger in the community #HungerHurts. Tag Food for People in your post!

**ARE YOU
A
HUNGER**



Cooking at Summer Camp with the Boys & Girls Club

By Cassandra Culps, Nutrition Education Coordinator



Thanks to a special grant from Locally Delicious, Food for People is having a greater impact on food insecurity and access to fruits and vegetables in one of Humboldt County's most vulnerable populations: children. In partnership with the Loleta Community Resource Center and the Loleta Boys and Girls Club, Food for People led a weekly cooking class for 8 summer camp attendees this season. Each week, a new rotation of 8 students joined the hands-on cooking class. In keeping with the grant guidelines, a local vegetable or protein was the star of each dish. The first class featured local, organic cilantro from Rain Frog Farm in Blue Lake. Students blended the cilantro with chickpeas, limes, garlic and olive oil to create a delicious and fragrant Cilantro Lime Hummus. They spread the hummus on crackers and added various vegetables on top to create Plant Part Art. Student's learned about the different plant parts that we eat along with the beneficial vitamins and minerals contained in the plants. As the children ate their creations, we enjoyed several table topics of discussion: gardening, family, and their favorite vegetables. Each student went home with a bunch of cilantro, two cans of chickpeas, a recipe, and they were filled with excitement about recreating this dish with their families! 🌱



Cilantro Lime Hummus

Ingredients:

- 1 can garbanzo beans, rinsed and drained (You can substitute any beans you have on hand)
- 2 tablespoons olive oil
- 1 to 2 tablespoons water, depending on desired texture
- 2 cloves garlic, minced
- 1 cup chopped cilantro
- juice of 2 limes
- salt and pepper to taste
- dash of cumin and chili powder (alter amount to taste)

Directions:

Place all ingredients in a food processor or blender and blend until smooth. Store in an air-tight container for up to one

Grocery Outlet's Independence from Hunger Drive Benefits Food for People!

By Carly Robbins, Fund Development Director

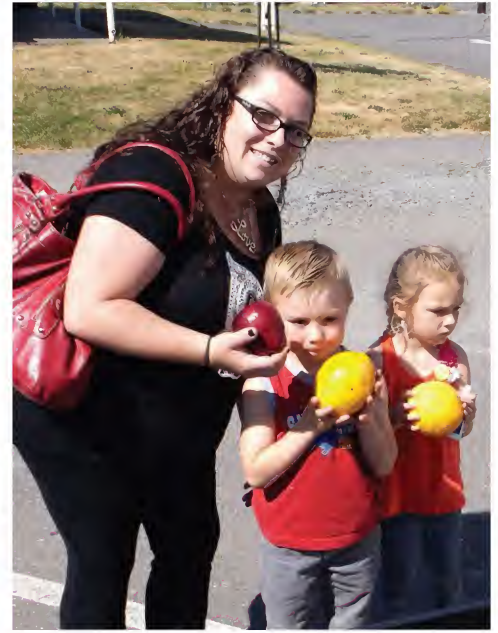


Left: the Independence from Hunger Kick-off at Grocery Outlet. Right: a pr

Food for People would like to thank Grocery Outlet for its work to help fight hunger in Humboldt County! Hunger is a reality for 1 in 6 Americans. Each July, Grocery Outlet holds their Independence from Hunger campaign, a month-long effort, through which they ask customers to help Humboldt County residents who are facing food insecurity by donating food or funds to support the work of Food for People.

Grocery Outlet, at 625 Commercial Street in Eureka, is

community. Each year Grocery Outlet puts together pre-made bags with food items that are most in need at the food bank specifically proteins. Customers can purchase these bags and place them in a food drive bin to donate directly to Food for People. This year, Mary went above and beyond, putting together two separate pre-made bags: a \$5 bag full of protein items, and a \$1 bag made up of organic items. In addition she organized an amazing kick-off event to get the month-long food drive started



Mobile Produce Pantry Coordinator Ben Allen drives to locations throughout Humboldt County each month to set up free farm stand-style produce distributions. Pictured: Excited Humboldt County residents enjoy the fresh free produce available during Mobile Produce Pantry distributions in Trinidad, Orick, & Fortuna.

Mobile Produce Pantry Update

By Ben Allen, Mobile Produce Pantry Coordinator

The summer months offer an abundance of produce for the Mobile Produce Pantry, much of which is locally grown and organic. Besides purchased items, the program also benefits from produce harvested by Food for People staff and volunteers, as well as donations from local farmers and community members.

The response from clients has been overwhelmingly positive regarding the variety and quality of produce offered this season. Artichokes, squash, broccoli and carrots are among the more popular vegetables, all of which are grown locally. Clients enjoy hearing about the location of the farms where their produce originates and appreciate that regional farms are being supported. It is often the case that the fresh fruits and vegetables are grown not far from the sites of the produce distributions. This is especially true for the communities of Willow Creek and Hoopa.

The Mobile Produce Pantry began in 2012. The program works on a monthly schedule, distributing fruits and

isolated, and regular access to fresh produce is very limited.

We drive a refrigerated Isuzu truck (nicknamed "Izzy") to the distribution locations, focusing on communities with high need and limited resources. We set up much like a farm stand and provide nutritious, fresh produce to our clients right in their communities.

The program partners with the Humboldt County Department of Health and Human Services (DHHS) and their Mobile Engagement Vehicle (MEV). The

MEV makes County programs available to clients who would otherwise have to travel long distances in order to access them. The Mobile Produce Pantry and MEV synchronize their monthly site visits to provide residents with easy access to all of the services in one stop.

Food for People provides outreach staff at distributions for information as well as assistance with applying for CalFresh. CalFresh is a nutrition assistance program that helps households stretch their food

budgets and purchase healthy foods from stores and farmer's markets. Our Nutrition Education Coordinator visits sites, providing samples and recipes utilizing the produce provided by the Mobile Produce Pantry. Clients enjoy samples while learning about the nutritional value and creative ways of preparing the fresh produce they receive.

More information, including a detailed schedule for the Mobile Produce Pantry, is available on our website: <http://www.foodforpeople.org/programs/mobile-produce-pantry>.



SEPTEMBER Pints for



101 Taylor Way,
www.madri.com

Come enjoy a fresh pi
\$1 from every pi
will go to

Volunteer Spotlight: Bruce R. Wayne

By: Marta Rivas, Volunteer & Direct Services Coordinator



Volunteers are a vital part of our operations at Food for People. For many who visit, either on business or as clients, it is clear that staff and volunteers work side by side to serve our community. We are truly blessed to have such a wonderful group of dedicated and humble volunteers. They are here to serve and work hard even though they all lead dynamic lives and often have busy careers. They come to the food bank to do their part to contribute to the mission of Food for People: *Working to eliminate hunger and improve the health and well-being of our community through access to healthy and nutritious foods, community education and advocacy.*

Food for People volunteer, Bruce R. Wayne moved to Humboldt in 2006, thinking about retirement, but not quite ready for it. He spent the last nine years going back and forth to manage his own private law practice in San Diego, and finally retired last year. As he began retirement, Bruce found himself wanting to grow in new ways and began volunteering. It has been a new way of defining himself and keeping himself active. The nice thing about being retired is that he can choose to give his time to organizations he cares about. He thinks that the

and he now finds volunteering at Food for People is a fulfilling way to touch the lives of people that need it most. Bruce commented that as a lawyer, at times cases and trials were stressful and high pressure. Here it is simple: We open our pantry to feed hungry people in our community every day. It requires a lot of volunteer hours to process thousands of pounds of fruits, vegetables, and pallets of non-perishable foods, meat, milk and anything a grocery store would have. But it is simple, in essence. Bruce added that he is reinventing himself with a new physical mindset in our pantry and warehouse, after years in the courtroom. "Once you step into Food for People, you enter a physical job, like when I work sorting a bin of carrots in the warehouse or walk with clients as a shopper's helper." He noted that it is rewarding to learn different sets of skills, meet other volunteers, and accomplish the goals of the day. Bruce told us that although he only recently began volunteering, he likes the energy it gives him, and he finds Food for People to be a very efficient organization. He explained further that volunteers are integrated into the operations very well, and it is nice to be a part of the organization's mission. When asked about the most rewarding aspects of volunteering at Food for People, Bruce said "It is very satisfying to be a direct connection for people that need this service to survive. It is a hands on operation, and I am glad I am doing it." He encourages other retirees to try it too. 🍌

Gleaning & Plant A Row Update

Continued from page 4

the weekly leftovers from their CSA produce distributions we regularly collect.

In addition to these generous donations from farmers, local residents have been similarly busy with the bounty of the season, bringing in hundreds of pounds of produce per week from their own gardens and fruit trees. A few regular donors deliver freshly harvested garden goodies frequently throughout the week, at the peak of freshness. Several fruit tree donors have also called to request volunteer assistance harvesting their plums, pears and apples to be donated to our friends and neighbors in need. We coordinate volunteers, bring the Food for People van full of ladders and crates, and harvest the fruit, which is then sorted and put directly in our pantries for distribution where folks can take what they need for their families. Dozens of volunteers have given several hundred hours of their valuable time to help harvest all of this produce throughout the county. We simply could not do it without their help!

It's not too late to get involved with our Gleaning Program this year. The harvest season continues at full tilt through October, at least, and we're always looking for more volunteers to help out. Food for People also accepts produce donations all year long, so consider planting a winter garden to supplement what we're able to offer during the leaner months, when produce donations are lowest. We welcome additional ideas and forms of support as well, so just give us a call or send an



Volunteer Alicia Abrego gleans plu

email. We'd love to hear from you.

Through the hard work and generosity of our local community we have been fortunate enough to distribute tens of thousands of pounds of locally-sourced fruit and vegetables which would not otherwise be available to the people we serve and would likely go to waste. As most of us are aware, fresh produce is a critical part of a healthy diet, providing essential vitamins and minerals our bodies need to stay healthy but it is one of the first things to b

Food for People

Our goal of giving the community can sometimes we go w with any of the f have a tax d (*Contact us

Carpet Swee Electric C Chairs or bench Helpus buy a

A special thanks to our printer!

Our newsletter is printed on 100% recycled paper using soy inks. All paper waste generated in the process of printing is sent directly back to the paper mill for recycling.



I want to become a volu

Call 707-445-3166 or ema

Or fill out and send in:

Name: _____

Address: _____

City, State, Zip: _____

Please have someone conta

Phone: _____